

# CancerBridge Self Care Series

*Join us every 4th Thursday at 11am EST to learn more about the importance of self care. Register by clicking [here](#).*

## **Building Lasting Habits: February 23rd**

Ignite your motivation and map out steps for strong, sustainable habits based on your values, lifestyle, and current stage of readiness for change.

## **Create Your Stress Management Play Book: March 23rd**

Learn to manage your body's stress response with mind, movement, and breath-based practices.

## **Stay Energized: April 27th**

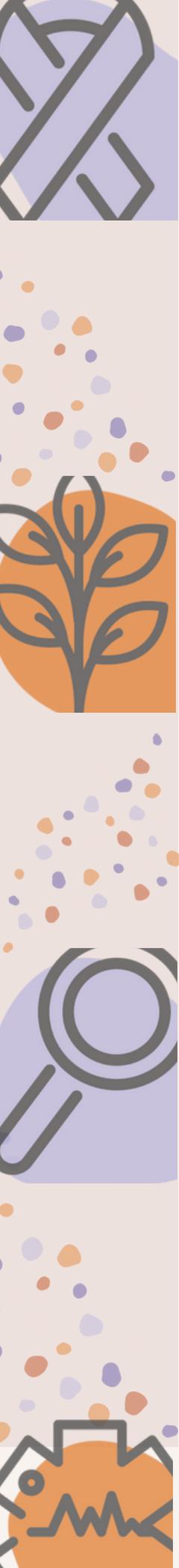
Discover ways to stay energized and alert for whatever your day brings with nutrition, activity, stress management, and other wellness tips.

## **Breathe Better, Stress Less: May 25th**

Learn and practice a variety of breath exercises that can reduce stress and promote resilience, focus, and calm.

## **The Power of Positive Emotion: June 22nd**

Learn how positive emotions like gratitude, accomplishment, and compassion help us build resilience and manage stress. Participants will try a few simple exercises and identify realistic practices for everyday life.



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## **Mindfulness and Meditation: July 27th**

Learn the basics of mindfulness and meditation to discover how these practices can help you feel more present, focused, and calm in everyday life.

## **The Gift of Gratitude: August 24th**

Research into the benefits of gratitude show that it's good for us in a variety of ways - mentally, emotionally, physically, and socially. Learn how you can experience the benefits with a brief and simple practices.

## **Sleep Well for Wellness: September 21st**

Discover why sleep is the foundation for all well and discuss strategies for a restful night's sleep.

## **Creating Your Coping Skills Toolbox: October 26th**

Learn the stages and types of coping and identify strategies that can help you prepare for, navigate, and recover from stressful situations.

## **Winter Well-Being: November 30th**

Get ready to navigate the winter holidays with healthy party ideas, exercise, and mood boosters.